

ACT OF CONTRITION

O my God,
I am sorry for my sins
with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against You
whom I should love
above all things.
I firmly intend, with
the help of Your grace,
to do penance, to sin no more,
and to avoid whatever
leads me to sin.
Our Savior Jesus Christ
suffered and died for us.
In his name, my God, have mercy.

AMEN